**TUESDAY**

**THE IMPOSTER PHENOMENON: (1:00 - 3:00PM)**

Who this group is for: anyone who has experienced the break-up of a relationship.

**TUESDAY**

**RELATIONSHIPS: COPING WITH THE LOSS OF A ROMANTIC RELATIONSHIP (2:30 - 5:30 PM)**

Who this group is for: Anyone who has experienced the break-up of a relationship.

**TOPICS COVERED: STAGES OF A BREAK-UP AND THE EMOTIONS INVOLVED, GRIEF AND COPING, SELF-CARE, LEARNING FROM THE PAST, IDENTITY, SELF-ESTEEM, LEARNING ABOUT LETTING GO.**


**LEARNING TO COPE (2:30 - 4:00 PM)**

Who this group is for: This workshop series is designed for students who would like to learn strategies to cope with difficulties that are common among university students. Workshops do start on time with no late admittance. Fall Workshops will be (Virtual): Capacity 20

1. Coping with Procrastination: (Sep 15, Oct 13, Nov 10)
2. Coping with Low Self-Esteem: (Sep 22, Oct 20, Nov 17)
3. Coping with Sleep Difficulties: (Sep 29, Oct 27, Nov 24)
4. Coping with perfectionism: (Oct 6, Nov 3, Dec 1)

**CAPACITY BUILDING WORKSHOP (10:00 - 11:30 AM)**

This is a three session stand-alone workshop series to help students use their strengths to manage difficult situations, while lowering feelings of distress. Workshops do start on time with no late admittance.

1. Understanding Distress and Managing How Your Body Responds: Tuesday, September 15, 2020 (Virtual)

**TUESDAY**

**TAKING CARE: WHEN SOMEONE YOU CARE ABOUT HAS A MENTAL HEALTH ISSUE: (1:00 - 3:00PM)**

Who this group is for: students who have someone they care about who has a mental health concern.

**TOPICS COVERED:** Learning how to balance being supportive and taking care of yourself. Join us to learn about ideas and strategies that will help you be there for your loved one and honour your own needs at the same time.

Tuesdays (Virtual): (Oct 6), (Nov 3) 2020
Tuesdays Winter 2021: TBA: (Jan 26), (Mar 30)

**THURSDAY**

**LUCK ISN’T EVERYTHING: (10:00 AM - 11:30 AM)**

Creating Your Own Career Opportunities

Learn how you can create unexpected opportunities for yourself by recognizing and including chance events into your career plan.

**THURSDAY**

**COMMUNICATION AND CONFLICT: SKILLS TO BUILD POSITIVE RELATIONSHIPS AND IMPROVE YOUR INTERACTIONS WITH OTHERS (10:00 AM - 12:00 NOON)**

Topics covered: Stress from life and school can and often does create stress in relationships we have with others. This workshop will focus on research derived strategies for maintaining and enhancing your relationships that are practical and effective. For example, come and find out what research has shown can predict the stability and satisfaction of your relationships with over 90% accuracy.

What you’ll learn: In this workshop you’ll learn specific strategies and skills to communicate and address conflict in a way that may be easier for others to hear without compromising the integrity of your message.

You’ll also learn about conflict styles, nonverbal communication, and gain skills to address behaviours that get in the way of connecting and communicating with others, including the four behaviours that have been empirically shown to be most damaging to communicating and building positive relationships.

Thursdays 2020 (Virtual): (Sept 10), (Oct 1), (Nov 5), (Dec 3)

Thursdays Winter 2021: TBA: (Jan 14), (Feb 4), (Mar 4), (Apr 1) (May 6), (Jun 3)

**GRAD STEPS:**

Grad Steps (Virtual): Tue Oct 20 Time: 12 Noon - 2:00 PM
Grad Steps: Fri Mar 19, 2021 Time: 12:00 Noon - 2:00 PM

**WEDNESDAY**

**MID-DAY MINDFULNESS (12:30-1:30 PM)**

Who this group is for: Students who want to explore the topic of mindfulness meditation and learn skills to practice mindful meditation.

Every Wednesday Fall 2020: (Sep 16, 23, 30), (Oct 7, 14, 21 & 28), (Nov 4, 11 & 18), (Dec 2)

Every Wednesday Winter 2021: (Jan 13, 20, 27), (Feb 3, 10, 17, 24 & 31), (Apr 7, 14, 21 & 28)

Fall Workshops will be Virtual: Winter 2021 TBA

**GROUP AND WORKSHOP LOCATION: 474 UNIVERSITY CENTRE**

**TO REGISTER FOR ANY WORKSHOP CONTACT: (204) 474-0532**
STUDENT COUNSELLING CENTRE

WORKSHOPS

GROUP AND WORKSHOP LOCATION: 474 UNIVERSITY CENTRE

TO REGISTER FOR ANY WORKSHOP CONTACT: (204) 474-8592

https://eventcalendar.umanitoba.ca/site/studentaffairs/

FRIDAY

ENNEAGRAM: UNDERSTANDING YOUR PERSONALITY AND ENHANCING YOUR LIFE (1:30 - 3:30 PM)

Who this group is for: Any students who want to learn more about their personality and learn tools to cope more effectively mentally, emotionally or physically.

Topics covered: The Enneagram is one of the most ancient methods to discover ones personality type. The enneagram consists of three centres (mind, body & heart) which identify the person’s major psychological orientation to the world and the way one interacts with it. Students will discover their main personality centre and learn specific techniques to improve their life.

Session 1: Part 1 (Sep 18), Part 2 (Sep 25)
Session 2: Part 1 (Nov 20), Part 2 (Nov 27)
Location: Virtual

“SCC workshops are offered by or under the supervision of professional staff at the Student Counselling Centre”

FRIDAY

“WHAT’S THE POINT?”: LET’S TALK ABOUT THE MEANING OF LIFE (10:30-12:15 PM)

This workshop is for anyone looking to find or enhance meaning in their life. In this workshop, you will be asked to reflect on your values as a foundation for finding the meaning in your day-to-day experiences. Participant interaction is welcome and encouraged (although it is not required).

Fridays: Fall (Virtual): 2020: Oct 16, Nov 20

STRESS & DISTRESS MANAGEMENT:

Who this group is for: This workshop is appropriate for any students who are interested in learning about research supported strategies for managing stress.

DAY  DATE  TIME  TYPE
MON  Oct 19, 26 Nov 2, 16, 23, 30  9:30 AM - 11:20AM  VIRTUAL
TUE  Nov 10, 17, 24  10:00 AM - 11:50 AM  VIRTUAL
WED  Oct 7, 14, 21 Nov 18, 25, Dec 2  2:30 PM - 4:20 PM  VIRTUAL
THU  Oct 22, 29 Nov 5, 12 Nov 19, 26, Dec 3, 10  10:00 AM - 11:50 AM  VIRTUAL
THU  Nov 5, 12 Nov 19, 26 Dec 3, 10  2:00 PM - 3:50 PM  VIRTUAL

2021

MON  Jun 25, Feb 1, 8 Feb 22, Mar 1, 8 Mar 22, 29, Apr 12 Apr 19, 26, May 3 May 31, 7, 14  9:30 AM - 11:20 AM  TBA
TUE  Feb 16, 23 Mar 2 Mar 13, 20, 27 Mar 22, 29, Apr 12 Apr 19, 26, May 3 May 31, 7, 14  10:00 AM - 11:50 AM  TBA
WED  Jan 13, 20, 27 Feb 3, 10, 17, 24 Feb 24 Mar 1, 8 Mar 17, 24, 31 Apr 7, 14, 21 Apr 20 May 5, 12 May 19, 25, Jun 2 Jun 8, 15, 22  2:30 PM - 4:20 PM  TBA
THU  Feb 4, 11, 18 Mar 4, 11, 18 Apr 1, 8, 15, 22 Apr 18, 25, May 5, 12 May 22, Jun 3, 10  10:00 AM - 11:50 AM  TBA
THU  Feb 21, 28 Mar 4, 11, 18 Apr 1, 8, 15, 22 Apr 18, 25, May 5, 12, 19 May 22, Jun 3, 10  2:00 PM - 3:50 PM  TBA

GRAD STEPS PROGRAMMING

THE WELLNESS SERIES FOR GRADUATE STUDENTS EVERY THURSDAY (1:30 PM-3:30 PM)

Collaborative Workshop Series to address factors that contribute to overall health and well being: Ask the Expert! Topics covered:

1. The Resilient Practitioner:
   - Fall 2020: Oct 15 (Virtual)
   - Winter 2021: Jan 28 (TBA)
2. Sleep and importance to university students:
   - Fall 2020: Oct 22 (Virtual)
   - Winter 2021: Jan 4 (TBA)
3. Mindful digital communication:
   - Fall 2020: Oct 29 (Virtual)
   - Winter 2021: Jan 2 (TBA)

COMMUNICATION AND CONFLICT: SKILLS TO BUILD POSITIVE RELATIONSHIPS AND IMPROVE YOUR INTERACTIONS WITH OTHERS (12:00 NOON - 1:30 PM)

1. Tuesday, Oct 20
2. Friday, Mar 19

LUCK ISN’T EVERYTHING: CREATING YOUR OWN CAREER OPPORTUNITIES (12:00 NOON - 1:30 PM)

1. Thursday, Oct 8
2. Friday, Feb 5
3. Wednesday Nov 25

CAREER MONTH PROGRAMMING

LUCK ISN’T EVERYTHING: CREATING YOUR OWN CAREER OPPORTUNITIES: THURSDAY NOV 5 (2:30 - 4:30)

COMMUNICATION AND CONFLICT: SKILLS TO BUILD POSITIVE RELATIONSHIPS AND IMPROVE YOUR INTERACTIONS WITH OTHERS: THURSDAY NOV 19 (10:00 - 12 NOON)

KNOW YOURSELF TO KNOW YOUR CAREER: WEDNESDAY NOV 25 (10:30 - 12 NOON)

TO REGISTER CALL: (204) 474-8592